

that this special teaching is required, although a general training leads the nurse up to it very naturally. Charles Reade's favorite saying "put yourself in his place" might well be made the motto of the book; and most touchingly is the idea used by the author—prisoners and captives, free neither in mind nor in body; we are made to see the insane in a light that cannot fail to stir our pity and which ought to arouse our responsibility, and fairly drive us into specializing in this branch of nursing.

Some chapters in the book, though they bear directly on the nursing of the insane, notably Chapters eighteen to twenty-three inclusive, make profitable reading for any class, and throw powerful side lights on those difficulties of personality, our own or another's, which make us uncongenial, irritating, bad neighbors; and if one is not above taking a hint one may arrive at the solution of many a vexed question. Dr. Barrus preaches convincingly on the cumulative power of conditions, right and wrong; a text by no means new, and perhaps one is apt to think that the last word has been said on the subject; but this is the point of the book—that one must keep on saying the same thing again and again and yet again, "line upon line, here a little and there a great deal," as she puts it; that one may be constantly fortifying one's self in advance so that success, against any odds, may be attained when the test of character comes. There are words of grave warning, too, against those insidious influences to deterioration, in rushing after a remedy for every ache and pain, in encouraging exaggerated sensibility, and catering to irritable nerves; selfishness and lack of self-control exhibited in whatever form.

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HYGIENE FOR NURSES. By Isabel McIsaac. The Macmillan Company, New York.

The second volume of Miss McIsaac's series of text-books for nurses is now out and is published by the Macmillan Company of New York in the same form and color as her first book, "Primary Nursing Technique." Twelve chapters, making 201 pages, are filled with exactly the kind of information which all nurses and all women need to have, given in Miss McIsaac's most forceful and concise language. There is not one superfluous word, and the pages seem to give off much of her personality and magnetism. The headings of the chapters are: Food, Air, Soil, Water, Sewage, Garbage, Causes and Dissemination of Disease, Personal Hygiene, Household Hygiene, School Hygiene, Hygiene of Occupation, Disinfection, Quarantine.

The highest authorities, such as Harrington, Egbert, Bergey, Abbott,

and Gilman Thompson, are quoted from freely. Synopses of laws governing public sanitation, the regulations for school inspection and for school nursing, of school hygiene and food adulteration are gone into extensively, and there is a wealth of personal comment and suggestion from cover to cover. For instance, in the introduction she says: "Men may provide pure water systems, good sewerage, clean streets and laws to govern them, but beyond that their control of hygienic conditions is limited, and it is upon the women we must depend for the wholesome food and surroundings which stand for good health. Pure water and good drainage will not insure a household nor hospital against epidemics, which harbor dirty ice boxes, cellars stored with decaying fruit and vegetables, dirty kitchen sinks, drains, bath tubs and water closets, unclean beds, unwashed bodies and clothing, bad ventilation and food, and rooms crowded with useless decorations covered with dust. The keynote of good health is cleanliness of person and surroundings, while the chief cause of disease is filth."

To us, perhaps one of the most interesting chapters is that on the Hygiene of Occupation, the contents of which is shown by its subheadings: (1) Those occupations which are dangerous to health from the materials used,—irritating gases, poisonous gases and fumes, offensive gases and vapors, poisonous dusts, irritating dusts, infective matter in dust, exposure to heat, exposure to dampness, atmospheric pressure, restricted attitude. (2) Those occupations which in themselves are harmless but are carried on under unsanitary conditions. (3) Occupations involving danger of injury. (4) Occupations which are dangerous neither to life nor health. The employment of women and children. The dangers of long hours. Physical differences between men and women.

The chapter on disinfection deals with the disinfecting powers of light, heat, chemicals, soap, the different fumigating gases, etc., with methods of dealing with excreta, clothing, walls and woodwork.

This book fills a long-felt want in the training school and will be valuable to nurses in all branches of public and private work as well as in the home, and answers questions continually being asked by nurses in school and public health work who have had no authority to turn to. It gives in simple language the gist of the principles of household hygiene which are so difficult to extract from the voluminous works of scientific writers.